

Identifying Your Reasons to Quit

You have decided to quit tobacco.

Great. Take some time now to identify your reasons for quitting ...

Maybe it's financial. Tobacco costs a lot of money. A pack of cigarettes a day habit can cost you thousands of dollars a year.

Do the math – how much do you spend on tobacco each week?

What other things could you be spending that money on? You could save for a new car, pay down some bills, maybe take a nice vacation.

Using tobacco can be inconvenient.

Most public places have become non-smoking areas forcing you outside no matter the weather.

Smoking can affect your relationships with family and friends.

“My grandmother smoked for be like 20 years or so. ...before she passed away I told her that I was actively trying to quit and she was very happy.”

Their concern for you is real.

Maybe you want to quit for them to set an example, or to protect them from secondhand smoke.

You could just want to have more control of your life.

Maybe you are tired of your car, house and clothes smelling like smoke.

Another important reason is your health.

“I was having problems breathing. And to walk up a hill, it would hurt.”

“It's basically health and- and money, you know, is what it comes down to. I mean, I do find myself you know, being out of shape per se, you know, when I'm trying, you know, if I run more than ten feet I'm gonna know it.”

The damage tobacco does to your blood vessels can lead to heart disease, lung disease, stroke, and amputation. It causes cancer and can cause many other health issues including ulcers and erectile dysfunction. And smoking damages your skin and hair.

If you smoke, quitting is the most healthful thing you can do.

And the health benefits start immediately.

Within 20 minutes your blood pressure and pulse rate decrease.

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In the first 8 hours of quitting, oxygen levels in your blood return to normal.

Within 48 hours your chance of heart attack decreases, your nerve endings start to regrow, and your ability to smell and taste improves.

As time passes, your lungs and circulation work better. And your risk of: heart disease, stroke, cancer, and ulcers all decrease.

Once you have decided on your reasons to quit, write them down.

Keep your list with you and refer to it often.

This list will remind you of why you are working to quit using tobacco and can help you stay motivated to reach your goal.